



5,501 REGISTRANTS

Welcome to the Fall 2016 issue of the Home Baked and Confectionery Goods Program Newsletter! This newsletter is designed to inform registrants of Program requirements and changes and to connect home bakers from across the state. Questions or comments? Send an e-mail to HomeBakedGoods@azdhs.gov.

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Fats, Oils, and Grease: Clearing the FOG

Fats, oils, and grease – or FOG for short – are causing problems for cities everywhere, and home bakers registered with the Home Baked and Confectionery Goods Program need to know why. When FOG are poured down the drain in your home kitchen, for disposal or as a byproduct of cooking, baking, or cleaning up, they can stick to the inside of your sewer line and city sewer pipes. Over time, FOG can build up in the inside of the pipes and restrict the flow of water up to the point of a complete blockage. When this happens, it may not only be your residence that experiences a backup – it may be the sanitary sewer for the city. When the sanitary sewer overflows, it sends untreated wastewater back and out of manholes and into city streets. Sanitary sewer overflows can damage property, require expensive repair, pose a threat to public health and the environment, and necessitate extensive cleanup by the city.

Some cities in Arizona have noted an increase in sanitary sewer overflows in recent years. The majority of FOG-related sanitary sewer overflows originate in residential areas. Knowing this, bakers who make large quantities of home baked goods may unwittingly be contributing more FOG at a higher rate to the sewer system than typical residences.

What can you do? Check out these tips from Arizona cities' FOG and water services programs:

- ✓ Never pour grease or oil down sink drains or into toilets.
- ✓ Scrape food from dishes into the trash and wipe down greasy pots and pans with a paper towel before washing, then discard the paper towel in the trash.
- ✓ Collect hot grease in an aluminum foil lined bowl – once the grease hardens, remove foil and place in the trash.

Did you know?

Hot water and soap do not simply wash away the fats, oils and grease that you pour down the drain! The FOG eventually cool and harden in the sewer pipes, causing blockages.



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Cover your kitchen sink drain with a strainer. This prevents small food particles with FOG on them from going down the drain.



Pour cooking oils and grease into a small container with absorbent material, such as a paper towel or coffee grounds. When the container is full, cover it with a tight lid and dispose of it in the trash.

To learn more, contact your city's FOG control program or water services division.



What is Potentially Hazardous Food?

The Home Baked and Confectionery Goods Program enables registrants to produce home baked or home prepared confectionery goods for sale that are not potentially hazardous. But what does potentially hazardous mean?

Potentially hazardous foods (PHF) are those that require temperature control for safety to limit the growth of illness-causing microorganisms – a.k.a. pathogens. If that makes you think of foods that need to be refrigerated, such as milk, meat, or cooked vegetables, you have the right idea!

PHF is actually a technical term. To determine if a food is PHF, scientists consider two qualities: moisture content (called water activity) and acidity or basicity (called pH). The relationship between these qualities let scientists know whether a food can support the growth of pathogens. View the definition on FDA's website and read more about how FDA evaluates and defines PHF foods.

Generally speaking, when you combine ingredients, some of which are PHF and some of which are not, the resulting combination is assumed to be PHF. That's why cream cheese frosting – made with cream cheese, a PHF food – is not allowed under the Home Baked and Confectionery Goods Program. Similarly, buttercream frosting, made with loads of delicious butter – another food considered to be PHF – is not allowed. In the case of cakes and cookies, the batter for these foods is PHF – because of raw eggs, butter, etc. – but baking renders them non-PHF.

What if you think your frosting recipe – or other baked/confectionery good – is probably not PHF, but is not allowed under the program based on its ingredients and/or its general understanding to be a PHF food? Is there anything you can do to prove it is not PHF so that you can make and sell it under the Home Baked and Confectionery Goods Program? The answer is: Yes! Well, maybe. You can have an accredited food lab test your home baked/confectionery product for water activity and pH. If the results of the tests show that your recipe doesn't yield a food that is PHF, you can submit the results to the HBCG program for consideration.



Now that you know what PHF means, test your knowledge of approved and unapproved foods under the Home Baked and Confectionery Goods Program. This quiz is anonymous, free, and doesn't require registration – it's just for fun!

QUIZ ME!



Home Baker of the Quarter: Pam Field of Nana B's Gourmet Cookies and Sweet Treats

Nana B's Gourmet Cookies and Sweet Treats, LLC - Prescott Valley, Arizona

For orders, call 928-710-0272 or 928-775-2859

What products do you sell and what is your most popular product?

I make cookies and lots of other goodies! It's so hard to say what's most popular, but my carrot cake is very popular even though there is no cream cheese frosting (I use a glaze instead). The most popular cookies are probably chocolate chunk cookies with pecans and oatmeal raisin cookies with macadamia nuts. At Christmas, I make hand-dipped peanut butter balls – my family says, "Christmas isn't Christmas without them!" and I think my customers agree.

Where is your business located?

I make my cookies at my home in Prescott Valley. I get my orders from friends and family and word of mouth. Happily, I've had wonderful responses and support from family and friends. Recently, I've received lots of orders from my dad's Assisted Living residence which has given my business a tremendous boost!



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How long have you been part of the Home Baked and Confectionary Goods Program?

Since practically day one! I received my registration acceptance letter and certificate dated August 15th, 2011. I had called to inquire about the new guidelines for home bakers. Happily, I found I fit all the criteria to register. The sweet person who helped me on the phone was excited too! She said it was the first day of the new guidelines going into effect and I was the first person to call. So we were both excited!

Is this your full time job?

No, I'm retired. But I needed to generate some additional income when my father's health declined and I brought him to Arizona. Eventually, I needed to help my Dad with his Assisted Living costs as well. So Nana B's was kicked into high gear!

Where do you sell your products?

I take and fill orders from my customers in my home. I deliver their orders to them. I rely primarily on referrals from family and friends. And my father's beautiful Assisted Living residence in Prescott Valley has given us some great referrals and become one of our favorite customers as well!

What challenges have you overcome in starting your business?

Over the last five years, I think my biggest challenge was during my first year in business. I had a kiosk at our little mall for the holidays. I wasn't prepared for how popular my treats would be! It was a nice surprise, but keeping up with all of the orders was a challenge. I enlisted the help of my daughter— while I baked at home, she took care of the kiosk and handled sales. I had a double oven and was baking in the morning before going to the mall each day. Then one of my ovens broke down! It was a lot of fun and a little crazy, but we managed and have fond memories of it all!







What advice do you have for aspiring home bakers?

Don't try to make everything! Make your BEST recipes and add new things gradually. Your customers will be your guide.



Recipe: Whole Grain Apple Pumpkin Muffins

Ingredients

-  1 1/2 cups whole wheat flour
-  1/2 cup packed brown sugar
-  1 tsp pumpkin pie spice
-  3/4 tsp baking powder
-  1/2 tsp baking soda
-  1/2 tsp salt
-  2 large eggs
-  3/4 cup canned pumpkin puree
-  2/3 cup unsweetened applesauce
-  1/2 cup vegetable oil
-  1/3 cup chopped pecans or walnuts

Directions

- 1 Preheat oven to 350°F. Line a 12-cup muffin pan with paper liners and spray lightly with nonstick cooking spray.
- 2 In a large bowl, stir together whole wheat flour, brown sugar, pumpkin pie spice, baking powder, baking soda and salt. Make a well in the center and add eggs, pumpkin, applesauce and oil. Mix just until the dry ingredients are absorbed. Fill muffin cups to the top with batter. Sprinkle with chopped pecans or walnuts.
- 3 Bake for 20-22 minutes, or until the tops spring back when lightly touched. Cool in the pan before removing from cups.

Recipe via The Comfort of Cooking, www.thecomfortofcooking.com

Read more at: <http://www.thecomfortofcooking.com/2013/08/super-soft-100-whole-wheat-apple-pumpkin-muffins.html>



Evidence shows that a diet rich in whole grains can contribute to a reduction in the risk of some chronic diseases, such as heart disease, type 2 diabetes, and some forms of cancer.



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